
Eye Strain – 20/20/20

What is "Normal" vision? Normal vision is considered to be 20/20 based on the Snellen chart you see at the doctor's office. It starts with the big Capital letter E on top and then the Capital letters get smaller as you go down each line. There are 11 lines of letters. The 8th line is considered the 20/20 line. Most eye exams ask you to start on line 4 or 5 and then progress down. The 9th line is considered 20/15 – 10th line 20/10 and 11th line is 20/5.

20/20 means a person can read line 8 at a distance of 20 feet.

- 20/20 - Normal vision.
- 20/40 - Able to pass Driver's License Test in all 50 States. Most printed material is at this level.
- 20/80 - Able to read alarm clock at 10 feet. News Headlines are this size.
- 20/200 - Legal blindness. About the only thing you can read without special equipment are the letters STOP on a stop sign.

Eye strain is common in office settings where a lot of time is spent looking at a computer screen.

Date processing, data entry, computer programming, proofreading and designing are types of jobs that require a person to sit at a computer for hours on end.

One simple and easy tip to follow to help preserve your eyesight is called the 20/20/20 rule.

The 20/20/20 rule, if followed, helps reduce fatigue and eye strain.

- For every 20 minutes you spend working at your computer, take at least 20 seconds and look away from your work/screen and focus on something else that is at least 20 feet away from you.
- In addition it is suggested that you take this little mini-break to do the following to help reduce muscle fatigue throughout your body:
 - Get up out of your chair
 - Blink your eyes rapidly to propagate tear production
 - Stretch your legs and arms
 - Walk around if you are able
 - Turn your neck and move your shoulders around.

Try this the next time you find yourself spending a lot of time in front of the computer screen. Take a 20 second break every 20 minutes, stretch and look at something else at least 20 feet away.

- Some other ergonomic tips to follow include:
 - When looking at your computer screen your eyes should be straight in line with the upper 1/3 of your computer screen.
 - Keep the computer screen a distance of 18 – 22 inches away from your face and eyes.

Hawks, Vulture, Owls, Eagles some snakes can see at 20/5 or better.

Animals such as Rhinoceroses, Bats, Bulls, Moles and deep sea fish (other than sharks) see at a 20/200 clip.